

Basic Report 11116, Cabbage, chinese (pak-choi), raw
Report Date: September 22, 2019 04:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 70g	1 head 840g	1 leaf 14g
Proximates					
Water	g	95.32	66.72	800.69	13.34
Energy	kcal	13	9	109	2
Protein	g	1.50	1.05	12.60	0.21
Total lipid (fat)	g	0.20	0.14	1.68	0.03
Carbohydrate, by difference	g	2.18	1.53	18.31	0.31
Fiber, total dietary	g	1.0	0.7	8.4	0.1
Sugars, total	g	1.18	0.83	9.91	0.17
Minerals					
Calcium, Ca	mg	105	74	882	15
Iron, Fe	mg	0.80	0.56	6.72	0.11
Magnesium, Mg	mg	19	13	160	3
Phosphorus, P	mg	37	26	311	5
Potassium, K	mg	252	176	2117	35
Sodium, Na	mg	65	46	546	9
Zinc, Zn	mg	0.19	0.13	1.60	0.03
Vitamins					
Vitamin C, total ascorbic acid	mg	45.0	31.5	378.0	6.3
Thiamin	mg	0.040	0.028	0.336	0.006
Riboflavin	mg	0.070	0.049	0.588	0.010
Niacin	mg	0.500	0.350	4.200	0.070
Vitamin B-6	mg	0.194	0.136	1.630	0.027
Folate, DFE	µg	66	46	554	9
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	223	156	1873	31
Vitamin A, IU	IU	4468	3128	37531	626
Vitamin E (alpha-tocopherol)	mg	0.09	0.06	0.76	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	45.5	31.9	382.2	6.4
Lipids					
Fatty acids, total saturated	g	0.027	0.019	0.227	0.004
Fatty acids, total monounsaturated	g	0.015	0.011	0.126	0.002
Fatty acids, total polyunsaturated	g	0.096	0.067	0.806	0.013
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0